

**ABSTRACT:**

A new golf swing and hip rotation connector, comprising a combination of:

- a) a chest belt (1), comprising on its part a double rubber belt strap (2) and (3) which together with the chest belt (1) surround the leading arm of the golf player, and a belt strap (4) which rests over the shoulder of the leading arm of the golf player;
- b) an intermediate band (9), and
- c) a loop (10) which, when worn, is situated diagonally to the leading arm and is connected with the chest belt (1) both directly as well as via the intermediate band (9),

with said combination being used especially as a training device for learning to play golf.